

[<Back](#) [Print](#)

Yonkers Green Policy Task Force News Blast

October 6, 2009

GPTF Meeting Oct. 7 at 6:30 pm
GPTF Helping to Bring Home
The Green Bacon
Everyone Rides For Free!
How to Reduce Your Carbon
Footprint
Cool Classes! Sign Up Today!
Free Kayak Lessons
Attention Foodies!
Recycling Tip of the Eblast
Green Events
Reader Email

[Sign Up](#)[SIGN-UP!](#)[Quick Links](#)

GPTF Meeting Oct. 7 at 6:30 pm



The next Green Policy Task Force meeting will be held on Wednesday, October 7 at 6:30 p.m. on the 4th floor of City Hall.

The following is on the agenda:

1. Energy
 - Elyssa Rothe from [New York State Energy Research and Development Authority](#) (NYSERDA) to speak on homeowner rebate programs for alternative energy and appliances.
2. Transportation
 - Bus grant and anti-idling update
 - White Plains fleet legislation
 - anti-idling day celebration
3. Recycling
 - update on schools program
 - update on grants

Any other subjects that come before this committee.

GPTF Helping to Bring Home The Green Bacon



The [GPTF](#) is pleased to announce that the City of Yonkers was awarded \$1.823 million last week by the federal [Energy Efficiency and Conservation Block Grant](#) (EECBG) program after collaborating on the city's application for energy efficiency, conservation, and green jobs projects from the American Recovery and Reinvestment Act.

Activities eligible for EECBG funding include energy audits and building retrofits in the residential and commercial sector, the development and implementation of advanced building codes and inspections,

and the creation of financial incentive programs for energy efficiency improvements.

We will keep you posted!

Everyone Rides For Free!

Tomorrow (October 7) is River Commuter Day on the NY Watertaxi, meaning everyone rides for free when the boat departs at 7 a.m. and 7:50 a.m. from the Yonkers Pier.

Freebies include breakfast, parking, and newspaper.

The boat returns to Yonkers from Manhattan at 6:30 p.m. and 7:30 p.m.

Click [here](#) for more information.



How to Reduce Your Carbon Footprint



Here are some handy hints to help you reduce your carbon footprint with love from the GPTF.

Change five bulbs in your home to CFL/Energy Star.

If every family in Yonkers changed five bulbs to CFLs, it would equal the effect of taking 6,500 cars annually off the road. Note that you can [recycle your old CFLs through Westchester County](#).

Choose [Energy Star](#) rated appliances

when replacing old appliances.

Feed your family [locally produced food](#).

Bike and walk more to maximize health and to boost your community's energy efficiency. [Tarrytown is now bike-friendly](#).

Turn down your thermostat to 68° when you're home, and to 60° at night and when you're out. Every 1°F reduction in an 8-hour period means a 1% reduction in CO2 emissions. [Programmable thermostats](#) are fantastic energy reducers.

Turn off all computers when not in use--this will save you \$70 to \$100 per year. Screen savers don't do that.

Unplug cell phone and other chargers when not in use--they consume as much as 10% of a home's electricity.

Use a power strip as a central "turn off" point when finished using electronic equipment. Energy "leaks" account for five percent of total domestic energy consumption, cost more than \$3 billion annually, and spew 18 million tons of carbon into the atmosphere.

Don't allow your car to idle for more than 10 seconds! Turning off the engine uses less fuel than allowing it to idle. You'll also help clean the air.

Don't buy overly packaged goods-- try buying in bulk. Refuse unnecessary bags. Recycle! Use only re-usable bags, never plastic.

Support and shop at local businesses.

Obtain an [Energy Audit](#).

Use a clothesline or indoor laundry rack instead of a dryer. Wash clothes in cold-- not hot-- water. Savings can add up to \$300 per year.

[Measure](#) your carbon footprint. It's easy! And fun!

Replace the energy your home uses with [power supplied](#) by clean, renewable sources from solar or wind farms in New York State.

Rethink bottled water.

Go to www.catalogchoice.org and www.41pounds.org to remove yourself from more than 1000 catalog and junk mail lists.

Source: *Town of Bedford, NY*

Cool Classes! Sign Up Today!



[Sheldrake Environmental Center](#) in nearby Larchmont will be hosting its second Westchester County Master Composter and Recycler Program, a train-the-trainer course for individuals who wish to teach sound composting and recycling practices in their communities.

The classes start next week, October 14, and will include five Wednesday night lectures and three weekday fieldtrips. Classes and workshops include composting, recycling, vermicomposting and

deconstruction. Participants will be provided with a full complement of composting and recycling resources as well as a library of presentations, workshops and activities for residents, businesses and schools.

You will be required to fulfill a 35-hour service commitment by running a composting or recycling event or workshop in their own communities. Typical volunteer hours can be fulfilled at farmer's markets, community events and school functions. (Great for PTA parents who want to green their schools!)

The GPTF encourages your participation in this very worthwhile program. Note that there's a per person course fee of \$175.

To register, email scheduling@sheldrakecenter.org or call Amy Bisignani at 914-834-1443.

Training Schedule (Final Dates and Times to be Confirmed on First Night of Class)

Oct. 14: 6:30 - 8:30 p.m. Introduction to Dissemination of Materials. Group Project Discussion.

Oct. 21: 6:30 - 8:30 p.m. Backyard Composting Lecture Composting Workshop / Lab.

Oct. 27: 12:30 - 2:30 p.m. Field Trip 1: Stone Barns. Traditional Composting, Compost Teas, Composting Meat Products.

Oct. 28: 6:30 - 8:30 p.m. Vermicomposting Worm Bin Workshop /Lab.

Nov. 4: 6:30 - 8:30 p.m. Recycling in Westchester County. Wastewise.

Nov. 5: 3:30 - 5:00 p.m. Field Trip 2: Tour of Westchester County Materials Recovery Facility (MRF).

Nov. 13: 10:30 a.m.- 12 p.m. Field Trip 3: Wheelabrator Westchester, L.P. Tour of a Waste to Energy Disposal Plant, Peekskill, NY.

Nov. 18: 6:30 - 8:30 p.m. Deconstruction.

Nov. 21: TBA. Group Project.

Free Kayak Lessons

It's never too late and it's not too cold to learn how to kayak in the Hudson, thanks to the [Yonkers Paddling and Rowing Club](#) who offer free lessons (and kayaks) on Mondays and Thursdays between 3:30 to 7pm.

This twice-weekly event is held at either the JFK Marina in Yonkers off Warburton Ave, just north of the Hudson River Museum (turn left at the traffic light and go down the hill to the marina) or at



the Beczak Beach (at 35 Alexander St., one block north of the Yonkers train station).

Call 914-318-4630 to confirm that day's departure location.

Attention Foodies!



Note the following lectures sponsored by Groundwork Hudson Valley!

October 9 (Note date and time change): 10:00 a.m. to 1:00 p.m.

Behind the Scenes Tour of [Muscoot Farm](#), includes a trip to the farm, a discussion of how farms work and how food gets generated. Limited to 14 people -- RSVP in advance to 914-375-2151. **SOLD OUT! SOLD OUT! SOLD OUT! SOLD OUT!**

October 13 - Cereals and Grains: Part I - at [Philipse Manor Hall](#)

A presentation on the chief grains that feed the world: corn, rice, wheat, barley, rye, buckwheat, and quinoa, including their folklore and recipes. This talk will occur in two parts.

October 20 - Cereals and Grains: Part II - at Philipse Manor Hall.

This is the same as above.

October 27 - Community Garden Revolution - Yonkers Public Library

Community vegetable gardens are revolutionizing the way people in inner cities eat. Discussion on how the movement got started, its challenges and the politics of the communal plot. See "The Garden," a film documenting a community garden in Los Angeles and its struggles to survive, time permitting.

November 3 - Tour of Local Community Gardens (The Community Gardens of Groundwork Hudson Valley & Greyston)

Explore local community gardens and meet some of the gardeners.

November 10 - The Emergence of Cultivation and Culture- at Philipse Manor Hall

Discussion on the connection between cultivation and culture and how different foods shaped humanity.

November 17 (NO SESSION)**November 24 - Eating Locally and In Season - Yonkers Public Library**

Using Barbara Kingsolver's book "Animal, Vegetable, Miracle" as point for discussion on the American movement to eat locally grown food.

December 1 - Why We Stopped Eating Food - Yonkers Public Library

A discussion on the health benefits of food vs. nutrition-- why we should focus less on what is in the food we eat rather than on the food itself.

December 8 - When Did We Eat That? - at Philipse Manor Hall

Given the wide variety of plants and animals at our disposal, humans have only selected relatively few items to eat for sustenance. This session will focus on "unique" food items from around the world.

December 15- In Defense of Organic Gardening - Yonkers Public Library

Westchester County residents dump 1.5 pounds of fertilizer per person on their gardens, prompting this discussion on the pros and cons of chemical and organic gardening.

Recycling Tip of the Eblast

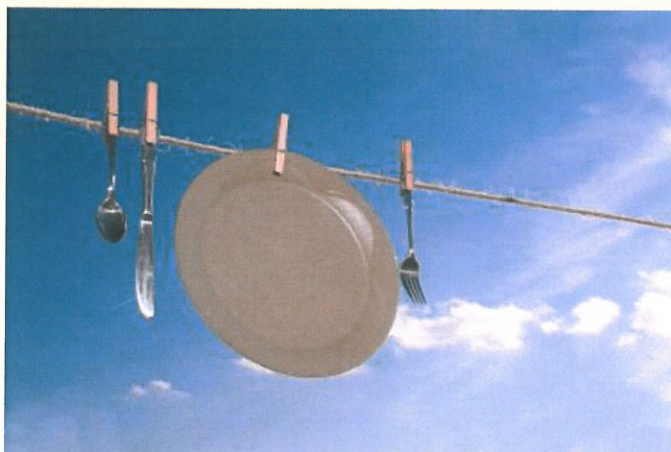
Brown bagging it for school and office is not only a great way to eat more healthfully, it has also become a necessity for many cost-conscious families.

Given that the average school aged child throws away 64 pounds of lunch packages a year, it's time for everyone to board the zero-waste lunch wagon.

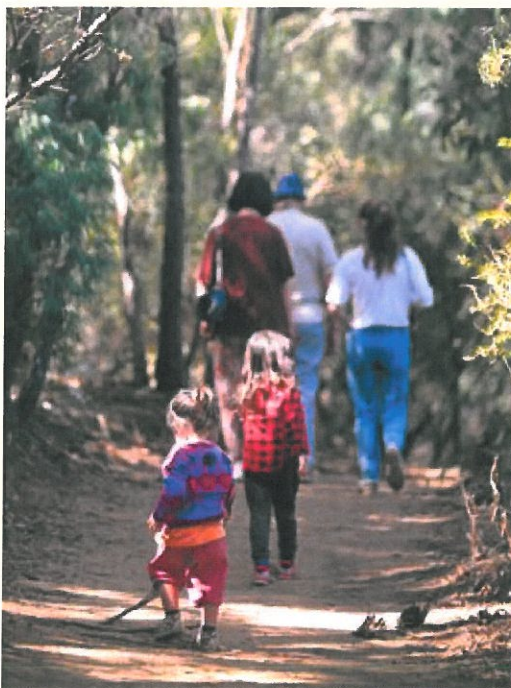
Here's help:

- * Use reusable insulated bags or lunch boxes instead of brown paper bags. A reusable ice pack can be also used to keep perishable food items cold.
- * Use plastic containers that can be washed and used over and over instead of using disposable plastic sandwich bags.
- * Use a thermos or reusable jug instead of a bottle of soda or a juice box.
- * Use metal silverware or wash and reuse plastic utensils.
- * Buy in bulk and pack individual servings in reusable containers.
- * Use cloth napkins instead of paper napkins or paper towels.
- * Remember to buy and pack locally grown ingredients.

For more information, click [here](#).



Green Events


**Saturday, Oct. 11 at 1 p.m. Lenoir Preserve,
Dudley Street, Yonkers, Fall Scavenger Hunt**

Fall is a great time to get outside and see some of the art and beauty of nature. Bring the family and enjoy a leisurely walk around the park in search of nature's treasures. Call 914-968-5851.

**Saturday, Oct. 24 at 7 p.m: Life Aboard the Half
Moon at the Beczak Environmental Education
Center, Yonkers.**

Captain William "Chip" Reynolds recounts adventures as the 21st century's Henry Hudson after sailing the replica of the Half Moon along the route of the explorer's 1609 voyage. \$5 per person includes refreshments and live music with guitarist Thaddeus MacGregor. You can also book a Special Captain's Tour of the Half Moon by stepping aboard this plank-by-plank replica at the Yonkers Pier and enjoy a first-hand tour by the Captain himself. \$25 per person, 5:30 p.m. Limited

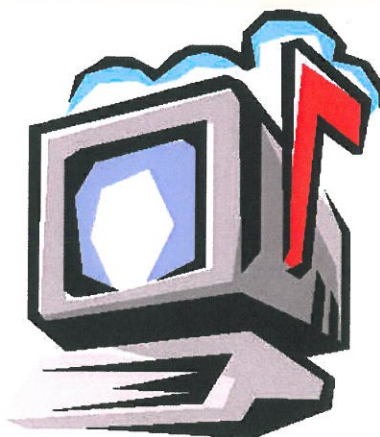
space. For reservations, email dsukup@beczak.org or call 914-377-1900 x 13.

Reader Email

Marianne sent the GPTF this suggestion after last issue's article on saving water.

"I use the water from my de-humidifier for plants indoors and out."

The GPTF would like to hear from you! Please email us at gptf@yonkersny.gov



This eblast is provided by the Yonkers City Council's [Green Policy Task Force](#). The Task Force meets on the first and third Wednesday of each month at 6:30 p.m. on the 4th floor of City Hall. If you know of others in the environmental community who would like to receive this news or attend meetings, please email laura.fahrenthold@yonkersny.gov

From: Council President Chuck Lesnick with Chairman Bob Walters and Coordinator Laura Fahrenthold; District 1 Councilmember Pat McDow with Margaret Setterholm; District 2 Majority Leader Sandy Annabi with Nortrud Spero; District 3 Councilmember Joan Gronowski with Loretta Miraglia; District 4 Minority Leader Liam J. McLaughlin with Terry Joshi; District 5 Councilmember John Murtagh with Molly Roffman; District 6 Councilmember Dee Barbato with Mel Goldstein; Administration's Appointee Joe D'Lando.



Written by Laura Fahrenthold

email: gptf@cityofyonkers.com

phone: 914-377-6067

 **SafeUnsubscribe®**

This email was sent to clesnick@aol.com by gptf@cityofyonkers.com.

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Yonkers Green Policy Task Force | 40 S. Broadway | Yonkers | NY | 10701